

SEXUAL ENERGY IN HEALTH AND SPIRITUALITY

If we can understand the neurochemistry and bio-energetics of sex and sexuality and apply this knowledge in our lives, we can have relationships that are healthier, more loving, and more spiritualised.

Part 1 of 2

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THE NEUROCHEMISTRY OF SEX

Sex—or, rather, sexual energy—is a potent force in regard to our health, intimate relationships and spirituality, but the extent of this is rarely realised. Fortunately, we can now discern much of the prevailing dynamics due to recent advances in understanding the neurochemistry of the brain. The observed effects can partly be explained with biochemistry and partly with bio-energetics.

Orgasm is generally regarded as the ultimate goal of recreational sex. Wilhelm Reich was the first scientist to describe the nature and purpose of the orgasm as a discharge of excess bio-energy with the additional liberation of feeling energy, and he also recognised the negative consequences of blocked sexual energies.

In addition to exciting peaks, orgasms unfortunately tend to produce powerful negative side-effects that are only now becoming better understood. These are due to predictable trends in hormonal activity which seem to be similar in all mammals to ensure certain evolutionary objectives, especially the wide mixing of gene pools and the safe raising of offspring. These objectives are achieved with the following neurochemical changes.

The main players are dopamine, the reward hormone (see table 1), prolactin, the hormone of satiation (see table 2), oxytocin, the cuddle hormone (see table 3), and levels of androgen receptors—all of which powerfully affect our mood, our desire for intimacy, our perception of our mate as well as our susceptibility to addictive activities and substances. These hormones can also have different but generally related functions.

Additionally, the stimulant phenylethylamine (PEA) is involved, which is also present in cocoa and chocolate and elevates energy, mood and attention. PEA is produced in greater amounts when one is in love. Conversely, a deficiency (common in manic-depressives) causes unhappy feelings.

When we fall in love, we become bonded by rising PEA, oxytocin and dopamine levels. When we are sexually aroused by close contact, our dopamine level rises further and at the time of orgasm we have a dopamine brainstorm. Groningen University professor Gert Holstege and colleagues have likened this to the effect of heroin on the brain.¹ Dopamine is active in all addictions, even in people who have forgotten what sex is. Most of this activity is in the limbic system, the oldest part of the brain.

After orgasm, the dopamine level falls sharply, with the usual withdrawal symptoms. This reaction tends to be immediate in males and delayed in females. Also, the prolactin level rises and the androgen receptor level falls after orgasm. The oxytocin level falls after conventional orgasm, but if the couple maintains close contact this may help to counter this drop and sustain the level of oxytocin.

Behavioural changes from this disturbed hormone equilibrium have been noticed for up to two weeks. During this time, we may be more irritable, dissatisfied, anxious or depressed, and instead of seeing the good side of our mate we now may be painfully aware of his or her shortcomings. This is exactly the same process and length of time that prolactin needs to recover to its normal level during withdrawal from cocaine.

Initially, during the honeymoon period of our relationship, we remain strongly bonded by high oxytocin levels and quickly overcome our hormonal blues by having more sex. Initially, sex stimulates us to crave for more sex. This leads to a rapid rise and fall in the dopamine level and to corresponding rapid emotional fluctuations in our relationship. Later we may become less and less interested in sex with our partner (perhaps because we subconsciously begin to associate him or her with the "lows" of the cycle, or perhaps because we grow tired of being used as a fix, and therefore feel less attraction), and now

Table 1: Dopamine Levels

Excess	Deficient	"Normal"
Addictions	Addictions	Motivated
Anxiety	Depression	Feelings of well-being, satisfaction
Compulsions	Anhedonia (no pleasure; world looks colourless)	Pleasure; reward in accomplishing tasks
Sexual fetishes	Lack of ambition and drive	Healthy libido
Sexual addiction	Inability to "love"	Good feelings towards others
Unhealthy risk-taking	Low libido	Healthy bonding
Gambling	Erectile dysfunction	Healthy risk-taking
Compulsive activities	No remorse about personal behaviour	Sound choices
Aggression	ADD/ADHD	Realistic expectations
Psychosis	Social anxiety disorder	Maternal/paternal love
Schizophrenia	Sleep disturbances, "restless" legs	

(Source: http://www.reuniting.info/science/sex_and_addiction)

we may try to prop up our dopamine level by becoming addicted to some kind of food or drug, or by becoming interested in a new sexual partner.

Basically, this type of behaviour is the same for humans, primates, mammals and reptiles because it originates from the primitive part of the brain.

Further evidence of a lasting post-orgasm hangover comes from sexually exhausted male rats.² The number of androgen receptors in the hypothalamus declines, reducing the effectiveness of testosterone and changing sexual behaviour. These changes last for about seven days, corresponding to a lack of libido in the rats.

In addition to serving as a sexual brake, prolactin affects our moods and behaviour somewhat like a hormone of resignation. For example, caged wild monkeys initially had high levels of the stress hormone cortisol but gradually their prolactin levels rose as they became resigned to their fate. Prolactin levels were highest after seven months. With raised prolactin levels, they do not mate.³ This looks like the same effect that we see in long-term relationships without oxytocin-producing close bonding.

The Coolidge Effect

In experiments with rats it has been observed that, after vigorous copulation with a new partner, male rats soon completely ignore this partner, but when a new female is introduced they are immediately revitalised—at least sufficiently to become sexually active once more. This can be repeated again and again until the male rat is completely exhausted.⁴

This phenomenon has been called "the Coolidge effect", after US President Calvin Coolidge (http://www.reuniting.info/science/coolidge_effect). The story goes that on a visit to a farm, his wife was shown a rooster that could copulate with his hens all day long, day after day. She liked that idea and asked the farmer to let the president know about it. After hearing it, President Coolidge thought for a moment and asked, "Does he do that with

the same hen?" "No, sir," answered the farmer. "Please tell that to Mrs Coolidge," said the president.

Not only has the Coolidge effect been observed in all tested male animals, but also in females. Female rodents, for instance, flirt more and present themselves more attractively when observed by new males than in the presence of males with whom they had already had sex.⁵ Another experiment indicates that the cause of this effect may be a rush of dopamine. When rats were taught to pull a lever to stimulate their own reward centre, they would forgo eating and copulating and just continue to stimulate themselves until they were totally exhausted.⁶

The Cuddle Hormone

The dopamine system is obviously designed to produce genetic variety by inducing us to mate with as many different partners as possible. There is, however, a hormone that counteracts the emotional rollercoaster effects of dopamine, and that is oxytocin—the cuddle hormone. Oxytocin also counteracts fear, which is associated with high cortisol levels and stress (table 3).

Oxytocin leads to strong pair-bonding. In pair-bonded animals, mating—and with this, the dopamine rollercoaster—stops with the rise of prolactin after successful fertilisation, and now oxytocin ensures that both parents co-operate for the survival of their offspring. Humans could do the same: mate only to produce offspring and then abstain from sex. This might produce an emotionally stable relationship for life, but most of us would also find it utterly boring. Paramahansa Yogananda wrote in *Autobiography of a Yogi* that this is exactly what his parents did.

The time-honoured solution to this problem is having loving sex without orgasm. This greatly helps to sustain oxytocin levels without producing the emotionally disruptive high–low neurochemical cycles of orgasm, and it has been practised in Indian Tantra, by the Chinese Taoists and apparently by early Christians. In modern times it has been resurrected as Karezza,

Table 2: Symptoms Associated with Excess Prolactin

Women	Men
Loss of libido	Loss of libido
Mood changes; depression	Mood changes; depression
Hostility; anxiety	Impotence
Headache	Headache
Menopausal symptoms, even when oestrogen is sufficient	Infertility
Signs of increased testosterone level	Decreased testosterone level
Weight gain	Weight gain
Intercourse may be painful because of vaginal dryness	

(Source: http://www.reuniting.info/science/sex_and_addiction)

Table 3: The Benefits of Oxytocin

Fear – Cortisol

Aggression
Arousal; anxiety; feeling stressed-out
Activates addictions
Suppresses libido
Associated with depression
Can be toxic to brain cells
Breaks down muscles, bones and joints
Weakens immune system
Increases pain
Clogs arteries, promotes heart disease and high blood pressure
Obesity; diabetes; osteoporosis

Love – Oxytocin

Anti-stress hormone
Feeling calm and connected; increased curiosity
Lessens cravings and addictions
Increases sexual receptivity
Positive feelings
Facilitates learning
Repairs, heals and restores
Faster wound healing
Diminishes sense of pain
Lowers blood pressure, protects against heart disease

(From http://www.reuniting.info/science/sex_and_addiction)

White Tantra and various forms of spiritual sex. It heals and holds relationships together rather than driving them apart as frequent orgasmic sex seems to do—although, as we shall see later, it is also possible to have bonding orgasmic sex.

For a wealth of articles on the hormonal aspects of our sexuality, see <http://www.reuniting.info/science>.

SEXUAL RELATIONSHIPS

Presently a large number of marriages end in divorce, often after only a very short time. Informal relationships are even more fragile. While this is a rather recent phenomenon, the underlying reason has always been there. In previous centuries, dysfunctional marriages simply were held together by social pressure or an inability to get a divorce.

The underlying reasons that drive relationships apart are rooted in the hormonal characteristics of our sexual relationships. In evolutionary terms, we are conditioned to spread our genes as widely as possible and provide a safe environment for raising our offspring. This means we are programmed to meet someone, fall in love, mate to conceive a child, and after some time to meet another lover and repeat this procedure.

Females are attracted sexually to handsome men, but often choose mates based on resources and parenting potential, and males try to spread their genes by being strongly attracted to any (fertile) female with genetically desirable features.

This evolutionary pattern comes to a head after pregnancy when the woman maintains a high prolactin level during breastfeeding, and instead of maintaining a loving oxytocin connection with her partner she now has switched her oxytocin bonding to the baby. In this situation, sex is hormonally undesirable and any orgasmic sex leads to further hormonal and emotional instability.

Therefore, what happens presently in our society is perfectly normal in evolutionary terms. The main problem is just the unacceptable amount of emotional distress and social upheaval that it causes. Other casualties are our health and well-being, which are greatly enhanced by harmonious long-term relationships.

Initially we are bonded together by falling in love through a generous release of oxytocin, and we enjoy the exciting peaks of dopamine release during our sexual encounters. Gradually the oxytocin glow fades and we begin to fall out of love, and it also becomes more difficult to maintain an exciting sex life.

Instead of enjoying dopamine peaks, increasingly we now have to cope with the dopamine lows after our routine sexual encounters. We begin to see all the faults in our partner that were previously covered by high oxytocin levels (from frequent physical contact without unpleasant subconscious associations). These dopamine lows may last for up to two weeks, thus causing

considerable strain on a relationship. During this time we tend towards increasing irritability, nagging, resentment, frustration, blaming each other and similar negative emotions as an expression of a biological hangover. Depending on our emotional make-up, we may now develop a subconscious desire to separate, and many couples do just that.

Over time, couples may start losing interest in sex and withdraw emotionally, or they may try to shift their emotional involvement to other common interests and in this way may be able to maintain a satisfying relationship. Still others may try maintaining peak dopamine experiences by exploring all the different sexual positions or start swapping partners or becoming interested in a new partner.

Dopamine peaks can also be maintained by becoming addicted to something—it does not really matter to what: it may be to legal or illegal drugs, games, racing and betting, chocolate, or frequently finding a different sexual partner. Apart from causing long-term stress-related and other health problems, addictions also have a host of unpleasant side effects on our capacity for intimacy.

With the present structure of our society, it is obviously an advantage to form stable, co-operative, sexual relationships for the benefit of the children and also for the emotional well-being of the parents. As this objective is contrary to our evolutionary neurochemical conditioning, we need to find ways to outsmart the hormonal changes that drive us apart.

In hormonal terms, we need to maximise oxytocin production and avoid the dopamine rollercoaster. Apart from occasional procreating activities, all of this could be done within a loving, platonic relationship. However, there is a biological catch: to maintain a strong and healthy body, we also need to maintain a strong production of sex hormones. This hormone production is best maintained by sexual feelings. As with muscle activity, it is best to use it or we may lose it.

This leads us to two remaining questions: "Can sexual activity without orgasm be satisfying?" and "Is orgasm needed to stimulate our sexual glands and maintain the health of our sexual organs?" These questions cannot be confidently answered from theoretical considerations, but fortunately we already have a wealth of practical experience in this regard.

KAREZZA

Karezza (as well as White Tantra) is one answer to non-orgasmic sex. Basically, this practice shifts the focus of love-making from the sexual organs to the heart. There have been three basic ideas in the evolution of Karezza: increasing health and well-being, avoiding unwanted pregnancy, and increasing close bonding and sensual pleasure.

The Oneida Community

In the middle of the 19th century, some health-minded individuals, generally males, felt from their own experience that non-ejaculatory sex gave them more energy and improved their health while at the same time prevented unwanted pregnancies. Their female partners were uniformly enthusiastic about the close emotional bonding that it provided. (However, this is not necessarily the case at present, as many women still prefer orgasms and men are even more strongly orgasm oriented.)

One pioneer was John Humphrey Noyes from the Yale Divinity School. Noyes came up with the concept of male continence as a consequence of his wife losing four premature children in the first six years of their marriage. After struggling with self-imposed celibacy, he eventually found that he as well as his wife greatly enjoyed non-ejaculatory sex. He told friends about it, and in 1848 they founded the Oneida Community in upstate New York, which eventually grew to 250 men and women. Intercourse without ejaculation was a cornerstone of the Oneida Community. Young men learned self-control from post-menopausal women.

Noyes also realised some spiritual implications for male continence: in order to create the Kingdom of Heaven on Earth, we must not only strive for reconciliation with God but also bring about a true union of the sexes. He even suggested that the frequent unease after ejaculatory intercourse lies at the heart of the Judaeo-Christian association between sex and guilt.

Because of statements from some medical authorities that non-orgasmic sex is harmful, a large number of members of this community were examined by a medical practitioner and found to be "in perfect health, happy and in complete harmony".⁷

The Development of Karezza

In 1872, after more than 25 years of practice, Noyes published his experiences and theories in *Male Continence*. Two other Karezza classics are *The Karezza Method* by J. William Lloyd (1931) and *Karezza: Ethics of Marriage* by Alice Bunker Stockham, MD (1903). All of these are available as free downloads from <http://www.reuniting.info>.

Dr Stockham developed her method mainly to help her patients, and promoted it as producing better health, greater harmony and spiritual attainment. She believed that sexual energy may be directed into building bodily tissue and permeating every cell with health and vigour.

For Stockham, Karezza was a form of spiritual companionship. Partners seek union and mutual soul development rather than fleeting passionate gratification, but the emphasis is on loving closeness rather than denial of pleasure. At the appointed time and after joint meditation, the couple calmly engages in physical contact and expressions of endearment and affection, followed by the complete, quiet union of the sexual organs.

Only the book by Dr Lloyd still has some practical value in regard to details of the technique, while the other two books are mainly of historical interest. But all of them relate the great health and emotional benefits derived from this method.

By the middle of the 20th century, the practice of Karezza had greatly declined in the United States, although related non-ejaculatory methods apparently had gained many followers in India and Egypt.

Peace between the Sheets

Recently, Karezza has been enjoying a revival in the United States and knowledge of the practice has also been spreading to other countries, in large part due to the efforts of Marnia Robinson and Gary Wilson.

They maintain the website <http://www.reuniting.info> with a wealth of practical, scientific and spiritual articles as well as a discussion forum and a monthly newsletter. The basis for this work is Marnia's book *Peace between the Sheets: Healing with Sexual Relationships* (2003), available from their website.

Gary had been a long-time alcohol addict and was on prescription antidepressants. Within a short time of instituting their new sexual habits, he found it relatively easy to overcome these problems (although he still had some tough moments); also, Marnia's chronic yeast and urinary tract infections disappeared.

The book and the website, which includes a number of testimonials, show the many health and relationship benefits of this non-orgasmic approach to making love, and Marnia also provides easy-to-follow instructions and exercises for beginners.

The Karezza Method

In Karezza, the emphasis is on the inner feeling awareness as well as on the feeling of complete union with the partner. Orgasm is avoided or at least minimised. Caresses and slow, controlled movements during intercourse generate a steady stream of sexual energy that is consciously converted into feelings of sublime joy and love. Typically, this may continue for an hour or more. It is not necessary for the penis to be erect or even inside to enjoy this type of lovemaking: part or all of the time, the tip of the penis may just touch the

entrance of the vagina or the sexual organs may not touch at all.

Initially, concentrate awareness on the sensations at the point of contact with the partner, in the genital area and wherever the skin or a caressing hand touches. This generates pleasant sensations, which can now easily be converted into a loving feeling. Open your heart and send this love to your partner. In a more active fashion, you can in your imagination lead the energy felt in the genital or pelvic area upwards to the heart. There you feel it as love and radiate it out onto your partner and also envelop both of you in a cloud of love.

For many sensitive individuals, this is more satisfying than just mechanically experimenting with different positions or chasing an elusive orgasm. You may also lie quietly connected, just to relax and feel close, cared for and protected, without attempting to generate any specific effects. If sleeping together, you may develop a routine of connecting daily before going to sleep or after awakening, or both. This may be done without moving, just to feel close to each other, or you may sleep together skin to skin. All this is not only emotionally satisfying, but produces strong bonding and greatly strengthens the relationship.

A connection based on love provides a natural increase in sexual self-control, as explained by Dr William Lloyd: "As you acquire the habit of *giving* your sexual electricity out in blessing to your partner from your sex-organs, hands, lips, skin, eyes and voice, you will acquire the power to satisfy yourself and her without an orgasm. Soon you will not even think of self-control, because you will have no desire for the orgasm; nor will she."

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Dr Lloyd also notes the ability of Karezza, or controlled intercourse, to nourish lovers. He reports a sense of "sweet satisfaction, fullness of realisation, peace, often a physical glow and mental glamour that lasts for days, as if some ethereal stimulant, or rather nutriment, had been received". He says: "...in successful Karezza the sex-organs become quiet, satisfied, demagnetised, as perfectly as by the orgasm, while the rest of the body of each partner glows with a wonderful vigour and conscious joy...tending to irradiate the whole being with romantic love; and always with an after-feeling of health, purity and well-being. We are most happy and good-humoured as after a full meal."

BIO-ENERGY Regenerating the Life-Force

Sexuality and the various benefits resulting from non-orgasmic sex can only be understood in the context of bio-energy or life-force, also called *prana*, *chi*, *ki*, *orgone* or *od*. We may see it as the innermost aura around living objects or feel it as heat or tingling in our body, especially when transferring energy, as with "laying on of hands" or Reiki and most strongly during orgasm.

This energy circulates in our acupuncture meridian system, and its vortices form our chakra system.

It is at the base of paranormal or psychic phenomena and is also the healing agent of many natural therapies. While bio-energy is still unknown to orthodox science (except in astrophysics, where it is called "dark energy"), it is an everyday experience of many sensitive individuals. Sexual energy is highest in virginal teenagers, where related electrical activity can lead to static and interference with electrical and electronic equipment.

As living organisms, we are a dynamic bio-energy system. Our health and energy rely on a strong flow of bio-energy into the chakra system. From there, the energy flows through the meridian system into all the organs and tissues, and any surplus flows out to form the etheric aura around the body.

The sex chakra is our strongest bio-energy generator. In addition to providing a moderate stream of energy into the base chakra and then up the spine into the brain, it also keeps the production of our sex hormones going. If this energy generator becomes weak, then we lack vitality and may be close to a disease or to old age.

The problem now is this: if we let this energy generator deteriorate through poor nutrition or by blocking the flow of sexual energy, then our overall energy level deteriorates. If, on the other hand, we frequently use it with orgasmic sex, then we lose an inappropriate amount of bio-energy, again resulting in a low energy level in addition to the negative effects of strong hormone fluctuations.

The logical solution is the sufficient use or stimulation of our sexual energy, but without discharging it and without creating an energy blockage. Ideally, we produce a high amount of sexual energy and then channel it into the chakra and meridian systems to keep us young and healthy.

This model lets us understand the frequent claims of practitioners of Taoist (Daoist) and Karezza methods of love-making as to the amazing health and rejuvenating effects that have been experienced.

Lessons in Sex Perfection

Rudolf von Urban, an Austrian psychiatrist and psychologist, was originally associated with Sigmund Freud but, like Wilhelm Reich, later immigrated to the United States. In 1952 his book *Sex Perfection* was published, in which he relates experiences and insights that led him to the conclusion that there is a bio-energetic potential difference between a sexually charged male and female which requires about half an hour to be exchanged and reach an equilibrium. Knowing that his colleagues would not take kindly to facts that contradicted their theories, he waited 30 years before publishing his discoveries. In addition to writing about Karezza, he also relates the following observations which we need to consider when formulating a theory of sexual energy.

• **The Arabian couple:** The first account is of a former patient, a medical doctor, and his young Arabian bride. After caressing naked in a dark room for about an hour without sexual contact, he saw the body of his wife surrounded by a greenish-blue, hazy light. When he moved his palm "within an inch of her breast", a visible and audible electric spark jumped from the breast to his palm, causing some pain. Dr Karl von Reichenbach, a distinguished scientist, had previously described a similar phenomenon without being taken seriously by mainstream scientists.

Following von Urban's suggestions, the couple made a series of experiments with the following results. When they caressed for an hour and then had orgasmic intercourse lasting for less than 27 minutes, sparks still moved between them. However, if intercourse after caressing lasted 27 minutes or longer, no more sparks would fly. Furthermore, if they started intercourse immediately without caressing, the woman would not emit a visible radiation and no sparks

would develop regardless of the length of the intercourse.

In addition, caressing followed by orgasmic intercourse lasting less than 27 minutes induced in both a strong desire to have more sex. But if they acted on this with another brief intercourse, they both developed health problems afterwards, such as headaches, asthma and heart palpitations. Also after caressing and orgasmic intercourse of short duration, the sparks between them became stronger. Von Urban interpreted this as showing that a short orgasmic intercourse of less than 27 minutes eliminated the tension in the sexual organs but increased tension in the rest of their bodies. Sparks were also stronger a day before the start of her menstrual period, again indicating increased body tension.

Von Urban wrote that intercourse for periods of less than 27 minutes increased the distance at which the sparks would jump to more than one inch, indicating that the tension in their bodies became stronger with each orgasmic intercourse of short duration. These sparks, which may only be observed in individuals with strong sexual energy, show that the skin is highly charged with bio-energy. This is pleasurable and desirable as part of sexual foreplay, but then it needs to be discharged as part of a prolonged sexual union. If, instead, the skin remains charged up because the following union is too short, then the individual becomes tense and may in time develop stress-related symptoms and diseases.

So, to summarise, orgasmic intercourse for half an hour or more, with or without initial caressing, did not produce any sparks and therefore appears to eliminate all tension. Intercourse for half an hour or more was followed by a pleasant relaxation of the whole

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body, with increased love and happiness of the couple and no desire for another sexual connection for five or more days. If the intercourse lasted for an hour, this contentment lasted for one week, and after a two-hour intercourse it lasted for two weeks. This was true even when there was an early ejaculation but they remained sexually connected with a non-erect penis. Later, von Urban found these observations confirmed by reports from other couples.

• **South Sea Islanders:** Von Urban also describes the sexual practices of some Melanesian societies as confirming the experiences of the Arabian couple. Foreplay with kissing and caressing takes at least half an hour, but a man never touches the clitoris. Then they connect with their sexual organs and lie motionless together for at least another half-hour before starting movements, and after orgasm they remain sexually connected for a long time. He says that on nights when they did not have sex, they slept skin to skin but without any kissing or caressing. They had intercourse not more than about every five days, and sexual problems seemed to be unknown in these societies. They made fun of what they regarded as the immature sexual practices of Westerners.

• **The young woman:** Von Urban presents the case of a beautiful but "neurotic" young woman who was terrified of men, but after falling in love with a medical assistant of von Urban eventually agreed to marry him on the condition that he would not try to have sex with her. After six weeks, they spent their first night together, naked but without any sexual contact. After about half an hour of lying together, they both experienced an indescribable delight and rapture that lasted the whole night. However, after seven hours they had to separate or they would get a feeling of suffocation unless they had a shower, and then they could continue lying blissfully together. During the day they felt exceptionally happy, relaxed and energetic. For 14 years they practised this celestial type of love-making until they tried conventional sex and lost it. As with the Arabian couple, their experiences were enhanced by having a shower before lying together.

Von Urban's Six Rules of Perfect Sex

1. Preparation: A day chosen for making love should be filled with mutual kindness and affection. A period of love play with kissing and caressing should precede the sex act. Clitoral stimulation should be avoided. Woman who are used to clitoral orgasms should gradually, within a few weeks or months, be helped to refocus on vaginal stimulation. (Comment: Von Urban believed that clitoral stimulation increases tension and makes deep relaxation of the whole body more difficult, and that if one is used to clitoral stimulation it also may make it more difficult to achieve deep vaginal orgasm. The main goal for von Urban was not creating strong excitement and coming quickly to orgasm but, rather, having a loving and strongly bonding connection with a partner. This does not mean that everyone needs to do it this way; von Urban just believed that it gave the best long-term results in regard to health and relationships.)

2. Position: The partners should adopt a position that allows them to remain fully relaxed during a long intercourse. Preferred is the scissor position: the woman lies on her back with knees drawn to the chest, while the male lies on his left side crosswise to her, so that his penis touches the entrance of the vagina. She now drops her legs and he places his right leg between her legs. With

this, her left leg is between his legs while her right calf rests on his torso. Sides may be reversed. The man places the tip of the penis at the opened entrance of the vagina. Now all kissing and caressing should cease and both lovers should focus on the energy streams between their sexual organs. It does not matter if the penis is soft or erect. After half an hour and full exchange of sexual energy, the penis usually becomes erect and may now enter provided that the vagina is naturally moist.

The use of oil is discouraged as it slows the exchange of energy (but this should not be a problem with long connections), and condoms must be avoided (except possibly temporarily for the purpose of ejaculation) because they block the exchange of bio-energy and lead to increased body tension. (Comment: These recommendations are for couples in long-term relationships; for casual encounters, use safe sex practices.)

3. Duration: After the man has learned to control his ejaculation, the 30 minutes outside the vagina are no longer required. For a long connection of one to three hours, the couple remains mainly motionless or with slow movements. If ejaculation

occurs prematurely, the soft penis should remain inside until at least half an hour after entering. If unwanted pregnancy needs to be avoided, then withdraw shortly for ejaculation, urination and washing, and then connect the penis again to the inner lips.

4. Concentration: During the whole sex act from preparation to finish, the couple should focus on each other and what they are doing, and become aware of the sensations where they are touching and the energy flows within and between them.

5. Relaxation: It is essential to relax not only physically by choosing a suitable position, but also mentally and emotionally. Any kind of worry, guilt or preoccupation with work or family problems prevents relaxation and full exchange of bio-energy. Try to overcome such problems by dealing with them at other times, and use relaxation exercises and meditation to switch off when you want to. Another problem is that a woman may suppress her sex drive because of previous abuse or disappointment, and may resist subconsciously. This can usually be overcome with much tenderness, love and patience from her partner.

6. Frequency: While frequency of sex may depend mainly on the desire of the partners, von Urban observed that generally, after a 30-minute intercourse with proper preparation, couples are happy with a five-day interval; after one-hour intercourse, with a one-week interval; and after two hours, with a two-week interval. He regards a sufficient interval as important to fully recharge the body batteries with bio-energy.

Additional Comments on von Urban's Six Rules

Von Urban's observations seem to show that the undesirable effects of conventional orgasmic sex may be mainly due to unreleased body tensions rather than hormonal changes *per se*, although hormonal changes may be a result of bio-energetic changes. The increased contentment and happiness after von Urban's Perfect Sex appear to be the same as after Karezza, and would be due to the combination of persistently raised oxytocin and increased relaxation.

The main goal for von Urban was not creating strong excitement and coming quickly to orgasm but, rather, having a loving and strongly bonding connection with a partner.

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The rest period of five days to two weeks between orgasmic events may mean that prolactin rises and androgen receptor levels fall as after conventional orgasm, but that the duration of the changes depends on the degree to which the body tensions have been neutralised. If there is a prolonged reduction of the dopamine level, as after conventional sex, it may be offset by increased oxytocin so that overall there is no negative emotional effect.

It is not clear if after Karezza there is a five- to 14-day period of decreased desire for sexual union, as is the case after Perfect Sex. Some authors seem to say so, while some modern couples may connect daily but often just lie together peacefully or in a meditative state, or snuggle up for comfort.

Any period of decreased desire may be much less pronounced with Karezza and may be mainly due to the contentment of being in a bio-energetic equilibrium rather than due to an unfavourable hormonal effect.

For more details on Perfect Sex, see <http://www.health-science-spirit.com/Sexuality.html>.

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Endnotes

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About the Author:

Walter Last worked as a biochemist and research chemist in the medical departments of several German universities and at Bio-Science Laboratories in Los Angeles, USA. Later he worked as a nutritionist and natural therapist in New Zealand and in Australia, where he is now based.

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Walter Last no longer has a clinic. For information on health questions, see his website <http://www.health-science-spirit.com>. Additional references for this article are available from Mr Last on request.